

They've all come home

Story and photos by Sgt. Matt Milham

Mountaineer editor

After a second yearlong Iraq tour, the Soldiers and families of the 3rd Armored Cavalry Regiment are together again at Fort Carson.

The last of the regiment's troopers, a group of 300 in desert camouflage, marched into a packed and lively Special Events Center almost two hours before dawn March 10.

For a year, the regiment operated across large swaths of Iraq, from Tal Afar in the north to the suburbs of southern Baghdad. They faced off with insurgents, helped to stabilize explosive unrest and met with the devastation of loss and injury.

When the Soldiers marched into the gaze of a thousand proud eyes Friday, they were heroes. Though war- and travel-weary and anxious for their reunion, the troopers bottled their excitement through a short speech and the national anthem. Then they belted out the Army song and bellowed their battle cry, [AI-EE-YAH!!!] before dashing across the floor into the arms of families and friends.

The deployment was the first for Sgt. Anthony Parker, a tanker in Dragon Company, 1st Squadron, who left behind his wife, Latasha, and three small children. His youngest, Abigail, was just four months old when he left. He missed her first birthday, first steps, everything, [I said Mrs. Parker.

The first time the couple spent any significant time apart was more than two years ago when Parker shipped to basic training. But the deployment was an entirely different sort of separation,



The last group of 3rd Armored Cavalry Regiment Soldiers arrived home to the Mountain Post before dawn March 10. The 300 Soldiers stood in formation during a brief ceremony, then rushed to meet waiting friends and loved ones who packed the bleachers of the Special Events Center.

a hundred times harder than before, Mrs. Parker said. She had the children to worry about, but she was also concerned about her husband's safety.

On the other side of the world, Parker didn't have to worry too much about his young family. After her husband deployed, Mrs. Parker

returned to Mississippi, which she and her husband call home, to be close to family. She and the children were in the state when Hurricane Katrina struck the Gulf coast, leaving the area

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by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BALAD, Iraq [I] Soldiers marched through the streets of Balad handing out soccer balls and mingling with the folks who, up until Coalition Forces liberated the country, suffered under the rule of Saddam Hussein.

[I]t's really just to come down and energize ourselves because everything outside of the town is fairly high risk, and it's not as uplifting, [I] said Lt. Col. Jeffrey Martindale, commander, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team.

The battalion has been operating in this region west of Baghdad to root out Anti-Iraqi forces. This is the second trip to Iraq for many of the 1-8 Fighting Eagles, who operated in this same region during their first deployment in support of Operation

Iraqi Freedom.

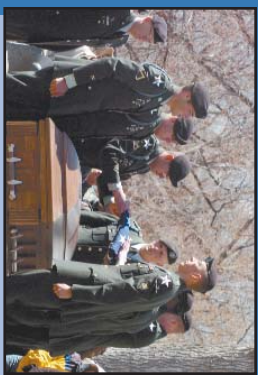
[I]t's come down here and see the fruits of our labor, it helps out everybody, [I] Martindale said.

During the short visit, the contingent walked the streets of the town, visited a local hospital, greeted merchant-sellers their wares and saw the impact it's efforts have had on the locals.

Throughout the walk, children poured out of every corner and nearly every home. From each group of youngsters the Soldiers were greeted with a chorus of, [Mister, Mister, [I] followed by a request for one piece of equipment or another.

The children are helpful and sometimes act as interpreters for Soldiers on the ground.

Martindale said he sees the promise in the youths of Iraq and hopes the efforts his troops are making will help build a stable future for



MUST SEE

Patriot Guard Riders honor hero. See Pages 26-27.

Celebrate Women's history

**Commentary by
Maj. Gen. Robert W. Nixon Jr.**
*7th Infantry Division and Fort Carson
commanding general*

Women continue to strengthen our nation and the world by excelling as leaders in all walks of life including business, law, politics, family life, education, community service, science, medicine and the arts. The brave women who wear the uniform of the United States armed forces are helping to lay the foundations of peace and freedom for generations to come. President George W. Bush

This Friday we celebrate Women's History Month. This year's theme is Builders of Communities and Dreams. Women have played a prominent role throughout the history of our great nation. They have broken down the barriers that once limited their potential. And nowhere is this more prominent than in the armed forces. Today, more than 350,000 women are serving in the military, almost 15 percent are active duty personnel.

For decades, women have served in the armed forces and demonstrated courage and

valor in combat. No one more symbolizes the Warrior Ethos than Sergeant Leigh Ann Hester of the 617th Military Police Company, the first woman since World War II to be awarded the Silver Star for valor. Caught in an ambush and outnumbered, Hester maneuvered her team out of the kill zone into position to assault more than 50 insurgents. She, along with members of her team, managed to outflank the insurgents who were attacking their convoy. Hester was credited with killing three insurgents and possibly more with grenades.

Hester is just one of many examples of the courage and heroism being displayed in the streets of Baghdad and in the mountains of Afghanistan. Today's Soldiers are proudly honoring the traditions of those men and women who answered our nation's call for more than 60 years. History is being written, and our Soldiers, both men and women alike, are helping to write it every day. The liberties and freedoms that Iraqis and Afghans now share are becoming possible because our Soldiers have volunteered, in the face of extreme hardship, to defeat tyranny and aggression. Countries in that region (Middle East) are taking notice that democracy is the right choice, and that it can exist and flourish in their

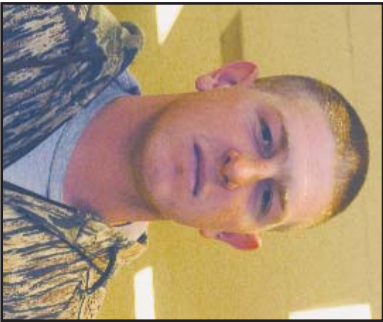


NIXON

country. We can all be proud of the fact that Iraqis and Afghans now have the right to chart their own destiny. We must not forget that ill's because of the American Soldier's courage and perseverance to win this test of will's that democracy will prevail. Female Soldiers are charting the future of our nation through their courage, dedication, and sacrifice.

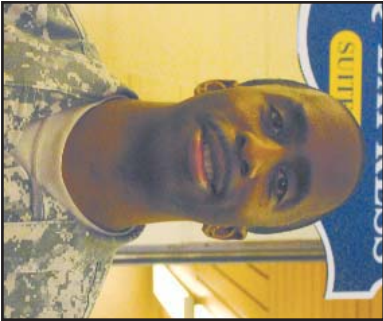
This year's Women's History Month keynote speaker is another example of someone who epitomizes the Warrior Ethos. Lt. Gen. (retired) Carol A. Mutter served in the Marines for more than 30 years, attaining the rank of Lieutenant general. She was the first woman nominated by the president for three-star rank and the first woman (general of field) to command a major deployable tactical command. Come out and celebrate Women's History Month Thursday from 11:30 a.m. to 1 p.m. at the Elkhorn Conference Center. For more information contact the Fort Carson Equal Opportunity Office at 526-3385.

POST TALK: Which uniform violation bugs you the most?



"When people wear their beret the wrong way."

Spc. Tyie Bloom
1-8th Infantry
Regiment



"When people wear their PTs wrong; either mixed with non-uniform clothing or with their shirt untucked."

**Sgt. 1st Class
Corey Jackson**
2-91st Training Brigade



"Too much mouth jewelry."

**Staff Sgt.
Christopher
Owens**
3rd ACR, 4th Sqdn



"When females wear their fingernails too long or (painted) too bright."

Sgt. Rita Lee
MEDDAC



"Worn out uniforms with holes in them."

**Sgt. Albert
Corentz**
3rd ACR, 1st Sqdn

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NEWS

Rice, Rumsfeld lobby for more money

by Jim Garamone
American Forces Press Service

WASHINGTON — In a rare joint appearance before Congress March 9, Defense Secretary Donald H. Rumsfeld and Secretary of State Condoleezza Rice urged the Senate Appropriations Committee to quickly pass a \$91 billion supplemental spending bill.

The bill proposes \$65.3 billion to fund operations in Iraq and Afghanistan, as well as about \$20 billion needed for Hurricane Katrina reconstruction. The two cabinet members appeared with Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, and Army Gen. John Abizaid, commander of U.S. Central Command.

Rumsfeld said the supplemental includes \$34.7 billion for ongoing deployments and operations by U.S. forces in Afghanistan and Iraq. The request also includes \$5.9 billion to continue training and equipping Iraqi and Afghan security forces and almost \$2 billion to counter the threat of improvised explosive devices.

The request continues Army transformation to a modular force built around brigade combat teams. The bottom line for this is \$3.4 billion.

Pace said the \$10.4 billion request for repairing or replacing damaged or destroyed equipment is being spent wisely. He said the services

are using their experiences to buy not the same old equipment, but rather items that have proven themselves in combat.

Finally, the supplemental request asks for \$60 million as reimbursement for the cost of the military response to the earthquake in Pakistan.

Rice asked for funding to help the Afghan and Iraqi governments continue their political growth and to shore up democracy in the region. She said these long-range programs will help turn people away from extremism.

Even though the extremists are under constant pressure and on the defensive, they still seek to bring terror to American shores and cities and to all who oppose their views, Rumsfeld said. "These enemies cannot win a single conventional battle, so they challenge us through nontraditional asymmetric means with terror as their weapon of choice," he said. "Their current priority is to prevent the successful emergence of a democratic government in Iraq and Afghanistan."

The terrorists want to force the United States and its coalition partners to abandon Iraq and Afghanistan before these nations are fully able to defend themselves, Rumsfeld said.

The terrorists also are skillful at manipulating the media. "One of their principal goals is to make our cause look hopeless," he said.

But the cause is not hopeless, Rumsfeld said.

Terrorists in Iraq tried to disrupt three elections in Iraq, but failed, he said. The Feb. 22 attack on the Golden Mosque in Samarra was aimed at stopping the formation of a permanent Iraqi government, "and thus far (terrorists) are failing at that as well," he said.

Developing capabilities in allies is just as important as deploying American forces. Often terrorists work within the borders of countries that are allies of the United States, Rumsfeld said. The governments of these countries do not have the capabilities to fight the extremists, who are drawn to ungoverned spaces in these countries. Relatively small investments, such as train-and-equip programs with the Philippines and the Republic of Georgia, are cost-effective ways of allowing allies to confront and end terrorism, he said.

"When allies control their own territory it is less likely American forces will be needed," he said. This saves Americans from having to go in harmful way and is also cheaper. He said it costs about \$90,000 a year to sustain an American service member overseas. This is compared to \$11,000 to sustain an Afghan soldier or about \$40,000 for an Iraqi, he said.

"I am concerned about the House Appropriations Committee decision to cut \$1 billion out of the \$5.9 billion request for sustaining

TRICARE releases privacy notice

TRICARE Management Activity

FALLS CHURCH, Va. — The Department of Defense Health Information Privacy Regulation requires the TRICARE Management Activity to make beneficiaries aware of the availability of the military health system notice of privacy practices and how to obtain it once every three years.

TRICARE beneficiaries may review this notice at www.tricare.osd.mil/tmaprivacy. This notification process complies with the Health Insurance Portability and Accountability Act of 1996.

The Privacy Rule of the Health Insurance Portability and Accountability Act creates standard safeguards to protect the privacy and confidentiality of personal

health care information for all U.S. hospitals, providers and health care organizations. The military health system and all other U.S. hospitals, providers and health care organizations first notified their patients about the new privacy standards in April 2003.

“We encourage all of our beneficiaries to review the military health system notice of privacy practices and to share the information with members of their household who are covered by a TRICARE health plan or receive medical care at a military treatment facility,” said Sam Jenkins, privacy officer for the TRICARE Management Activity.

As a result of the privacy legislation, medical and dental information may be used and disclosed for such

treatment, payment and health care operations, as scheduling appointments, billing patients, quality assurance activities and provider-to-provider referrals. Health information may also be disclosed when required by law and in other permitted circumstances outlined in the privacy notice.

The privacy notice provides beneficiaries with clear guidance on how military treatment facilities will safeguard their personal health information from unauthorized access or disclosure.

The notice also advises TRICARE beneficiaries of their rights to: know when and to whom their medical information may have been disclosed request access to or receive a copy of their health information on

file at the military treatment facility request an amendment to correct wrong information on file

file a grievance with the military treatment facility, the TRICARE Management Activity, or the Health Insurance Portability and Accountability Act privacy officer regarding any privacy concern.

“The Health Insurance Portability and Accountability Act requires that we inform beneficiaries of their privacy rights and ensure they understand their rights and the military health system’s responsibility to protect their privacy,” Jenkins added.

Those without Internet access can obtain information about the Health Insurance Portability and Accountability Act as well as a copy of the new privacy notice by submit-

MILITARY

64th BSB protects supply routes

**Story and photo by
Pfc. Paul J. Harris**
3rd Heavy Brigade Combat Team

BAQUBAH, Iraq □□ With horns blazing, the patrol makes its way through a traffic jam in Diyala Province on its way to Logistical Support Area Anaconda. It is imperative they do not slow down for any reason.

It is the job of Companies A and B, 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, to get needed supplies to and from LSA Anaconda or Forward Operating Base Normandy.

Without daily supply runs the brigade would shut down. Logistical patrols are vital missions to protect the bloodline of the brigade.

To ensure 3rd HBCT functions properly, Capt. Adam Morgan, field ordering officer, and his logistics staff meticulously plan and forecast the supplies needed for the brigade to operate 24 hours a day, seven days a week. After the supply totals

are calculated, the 64th BSB's support operations take over to execute those plans, Morgan said.

Getting supplies from point A to point B usually means putting a vehicle patrol together because air transportation is too unreliable due to weather and other factors, said Staff Sgt. Joshua Marron, noncommissioned officer in charge of transportation for the 64th BSB. Marron puts together the logistical patrols that funnel the supplies and passengers to the different forward operating bases throughout the brigade's area of responsibility.

Once a logistical patrol is scheduled, the responsibility of safeguarding those supplies to their destination falls upon the Soldiers of Companies A and B of the 64th BSB.

Supply runs are dangerous and are often fertile ground for insurgent attacks. The threat of improvised explosive devices, or IEDs, planted in the roads is one of the many obstacles the security teams must



Soldiers with the 64th Brigade Support Battalion, 3rd Heavy Brigade Combat Team, protect trucks carrying supplies during a logistical patrol.

face. In December, Co B encountered its first IED on its first logistical patrol leaving Forward Operating Base Warhorse.

□ We were all a little edgy because we knew this route was bad to begin with,□ said 1st Lt.

Amanda Slack, who was in charge of the patrol. □The crew that I was with had only done one (patrol) from Kuwait to here. We were all pretty inexperienced.□

See **BSB** on Page 8

Military briefs

Miscellaneous

ACAP Hiring Event ▮ The Army Career and Alumni Program is holding a hiring event Friday from 10 a.m. ▮ 2 p.m. at the ACAP Career Center, 1625 Long St., bldg 1118, Room 133. Interviews will be done on site by 10 companies including Alutiq-Wackenhut, KBR/Halliburton, U.S. Border Patrol, Contract Associates Employment Service and others.

Officer Candidate School board ▮ OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 208, no later than May 16. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held May 23 to 24 in the Elkhorn Conference Center, bldg 7300. Those candidates approved will be forwarded to the Department of the Army for approval during the week of July 17. Point of contact for this information is Darlene Roberts at 526-2155/6481.

CID needs Soldiers and civilians ▮ The U.S. Army's Criminal Investigation Command is seeking qualified applicants to become criminal investigators. To qualify, candidates must be U.S. citizens, at least 21 with at least two years of service but not more than eight, have at least 60 semester hours of college credit and a general technical score of at least 110. Police experience is preferred, but not required. CID is also looking for qualified civilians to become special agents. To apply or for more information visit the Internet at www.cid.army.mil or contact your local CID office.

Defense Travel System ▮ There will be DTS training classes for travelers and approving officials Monday-March 23. The classes will be held twice a day on these dates. The first class will be from 9 a.m. to noon and the second class will be from 1 p.m. to 4 p.m. The classes are held at the Education Center, bldg 1117, room 203A. To enroll, email jerrie.smith@carson.army.mil with the date you want to attend, name, phone number and your unit or directorate.

ASE exams ▮ Automotive Service Excellence exams will be administered May 9, 11 and 16 at the Mountain Post Training and Education Center, bldg 1117.

Funded exams are available for service members who are currently enrolled in an automotive technology degree program or have an eligible military occupational specialty in the automotive/ mechanical service specialties. Soldiers interested in taking the exams must register prior to March 17. Contact a guidance counselor at the education center for more information.

DPW services ▮ Do you know who to call when a windstorm causes damage to your facility, overruns a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

▮ Facility repair/service orders ▮ I&B service order desk at 526-5345. Use this number for emergencies or routine tasks.

▮ Refuse/trash ▮ Virgil Redding at 526-6676. Call when needing trash containers, trash is overflowing or emergency service is required.

▮ Facility custodial services ▮ Call Larry Hack at 526-6669 for service needs or to report complaints

▮ Elevator maintenance ▮ Call Larry Hack at 526-6669.

▮ Motor pool sludge removal/disposal ▮ Call Don Phillips at 526-9271.

▮ Repair and utility/self-help ▮ Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

▮ Base operations contract COR ▮ Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

▮ Portable latrines ▮ Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and FOCs do not apply to family housing facilities.

Female sexual abuse survivors ▮ A group for active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526-7177 and ask for Dr. Kay Beaulieu for more information.

Learning Resource Center offerings ▮ The Learning Resource Center, located in the Fort Carson Education Center, bldg 1117, room 216, offers academic review including GRE preparation, GRE assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check email, surf the Internet or navigate desktop applications tutorials. Hours of operation include Monday-Thursday 9 a.m.-9 p.m., Friday 9 a.m.-8 p.m., Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. For more information call the Learning Resource Center at 526-4058/8077.

Laundry service

Post Laundry Service ▮ The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in.

Allow enough time; it is not recommended to pick up your equipment on the same day as the scheduled CIE appointment. Turnaround for service is 72 hours. No appointment is necessary.

The post laundry will not clean personal items like battle dress uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear.

Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits Cortex, ruck sacks, coveralls, combat vehicle crewman jackets and most web equipment.

Hours of operation are 7:30 a.m.-noon and 12:30-3:45 p.m., Monday through Friday, except holidays. For information call 526-8806/8804.

CIE Hours

Regular business hours

Mondays,	Tuesdays,	Wednesdays	and
Thursdays	from 7:30 a.m.-11:30 a.m.	and 12:30-3 p.m.	and Fridays
from 7:30 a.m.-11:30 a.m.	Initial issues		
Mondays	through Fridays	from 7:30-11:30 a.m.	
Partial issues			
Mondays,	Tuesdays,	Wednesdays	and
Thursdays	from 12:30-3 p.m.		
Cash sales/report of survey			
Mondays	through Thursdays	from 7:30-11:30 a.m.	and 12:30-3 p.m.
and Fridays	from 7:30-11:30 a.m.		
Direct exchange			
Mondays,	Tuesdays,	Wednesdays	and
Thursdays	from 12:30-3 p.m.		
Partial turn-ins			
Mondays,	Tuesdays,	Wednesdays	and

Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

Unit issues and turn ins
Call 526-6477/5512 for more information.

Hours of operation

Education center hours of operation ▮ The Mountain Post Training and Education Center's hours are as follows:

Counselor Support Center ▮ Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

Army Learning Center and Basic Skills Classes ▮ Monday through Thursday, 9 a.m.-noon, closed training holidays.

Defense Activity for Nontraditional Education Support and Advanced Personnel Testing ▮ Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

Basic Skills Education Program/Functional Academic Skills Training ▮ Monday through Thursday, 1-4 p.m., closed training holidays.

eArmyU Testing ▮ Monday and Wednesday-Friday, 8 a.m.-2:30 p.m., closed training holidays.

Military Occupational Specialty Library ▮ Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours ▮ The Claims Division office hours are Monday through Thursday

from 9 a.m.-5 p.m, closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours ▮ Fort Carson dining facilities operate under the following hours:

Wolf Inn ▮ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn ▮ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Air Field ▮ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Pattton Inn ▮ Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Strider Inn ▮ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG ▮ Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings ▮ Special Forces briefings will be conducted weekly in bldg 1217, room 304. Briefings are Wednesdays at 10 a.m. and noon.

All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information contact Sgt. 1st Class Kristopher Ball at

DoD provided rapid Katrina support

by **Gerry J. Gilmore**

American Forces Press Service

WASHINGTON — The Defense Department acted as rapidly as law would allow in providing assistance to civil authorities coping with Hurricane Katrina, which hit the Gulf Coast late last August, a senior DoD official told a Senate Armed Services subcommittee March 10.

“Our department provides military support to civil authorities as part of a comprehensive national response to prevent and protect against terrorist incidents or to recover from an attack or natural disaster,” Paul McHale, assistant secretary of defense for homeland defense, testified to members of the Senate Armed Services subcommittee on Emerging Threats and Capabilities.

Katrina slammed into the Gulf area on Aug. 29, killing hundreds of people and causing widespread damage in coastal parts of Alabama, Mississippi and Louisiana. The storm’s power breached New Orleans’ levee system and caused flooding of 80 percent of the city.

“DoD’s deployment in response to the catastrophic events of Hurricane Katrina was the largest, fastest civil-support mission in the history of the United States,” McHale pointed out to committee members.

More than 72,000 active-duty and National Guard soldiers were deployed to provide assistance in Katrina-ravaged areas between Aug. 29

and Sept. 10, he said.

McHale said that was more than twice the previous record deployment of military assets in response to a natural disaster since Hurricane Andrew in 1992.

DoD acted on more than 90 hurricane-related requests for assistance from civil authorities in the wake of Katrina, McHale said. Many requests, he said, were approved orally by Defense Secretary Donald H. Rumsfeld, including one that had an estimated cost of \$1 billion.

“DoD felt a sense of urgency and acted upon it,” McHale said.

The Defense Department acted on more than 140 requests for assistance from civil authorities in 2005, McHale said, including responses to Hurricane Dennis, Ophelia and Rita, as well as Katrina-related assistance.

And in response to conclusions drawn from President George W. Bush’s directed review of the overall federal response to Katrina, McHale noted: “We have already begun to implement improvements.”

For example, DoD is developing preplanned responses for a multitude of possible disaster scenarios in order “to speed the response to a catastrophic event,” McHale said.

Part of that strategy, he said, involves developing closer coordination between the Department of Homeland Security and U.S. Northern Command, which is responsible for providing federal military assistance, if requested, for contingencies like natural disasters or other

emergencies.

“We are developing a framework to provide initial damage reconnaissance,” McHale said. “And I would note, that was one of our areas of deficiency during Katrina.”

Commenting on observations about confusion between state and federal authorities during the response to Katrina, McHale pointed to the intricacies of the dual-command structure that exists between the state governors that command their Guard forces and the federal government.

“It’s the Constitution of the United States,” McHale explained. “It’s the recognized authority both of the national government and of the state governments, creating a dual chain of command.” Federalization of the National Guard is a presidential prerogative, but McHale believes such an action should not be taken unless in the most dire circumstances.

“We retain that option when required, but we should not lightly execute it,” he said. “When possible, we should preserve the command authorities of the governor (and) certainly respect the constitutional authorities of the president of the United States.”

Perhaps the best compromise in natural disaster situations like Katrina, McHale said, is “to preserve the two chains of command while insisting upon unity of effort through coordination.”

Yet, regardless of discussions over how Katrina was handled, the defense of the homeland is DoD’s most fundamental duty, McHale

BSB

From Page 5

About three hours into the patrol, an IED exploded near the truck traveling behind Slack. It blew up the tire underneath the driver and some shrapnel penetrated the radiator, disabling the vehicle.

"I had never heard an IED before. My initial reaction was 'What was that loud noise?'" Slack said.

After the initial shock of the blast, Slack and her crew made sure everyone was OK, exited the blast area and began to pull security around the vehicles. By the time Slack had radioed command, her crew had expeditiously hooked up the disabled vehicle and was ready to move. She was pleased with the way her team had reacted and attributed it to the long hours of patrol training 64th BSB underwent at Fort Carson before deploying to Iraq.

"One of the biggest things we trained on was how to react to an IED, how to recover a vehicle that has been hit by an IED, what do you do when you get hit by an IED. We did not even think about it, we just did it," Slack said.

The IED explosion had a sobering effect on Slack and her team.

"It was definitely a reality check, but it was also a confidence booster

because the guys were like, 'OK, we know how to react to this, we are trained for this, and we proved ourselves today.' All the training paid off.

Another obstacle the security teams tackle is trying to keep the convoy moving smoothly. The Iraqis and foreign nationals who drive the refrigerator trucks have their own style of driving, which can be a cause of concern from time to time, said Sgt. David Riddle, patrol team leader, Co B, 64th BSB.

"When the weather is bad, there is a high chance for those trucks rolling over. If they do roll over we have to stop, pull security, get a tow truck to come out and bring it in for maintenance," Riddle said.

Just getting the patrol through the congestion of traffic can be a mission unto itself. It can be difficult to communicate with the local traffic, and getting stuck in traffic can open a patrol to insurgent attacks.

"When we come up to an area where there is a big traffic jam, we start beeping our horn, and our turret gunner beeps his air horn real loud to let them know they need to move out of the way," Riddle said. "We will give them a moment to get out of the way, but we cannot stop for any reason."

After dropping supplies off, the combat logistical patrol only has a

Iraqis meet to discuss farming

by Spc. Lee Elder

133rd Mobile Public Affairs
Detachment

BAQUABAH, Iraq — Local farmers got an update from government agricultural officials March 12 while airing their concerns about this most vital part of the Diyala Province's economy.

The meeting, held at the Provincial Joint Communication Center in downtown Baquabah, included farmers and growers who listened to a three-member panel discuss key topics such as farm loans, irrigation improvement and pest control.

Diyala's governor, Raad Rashed, also was in attendance along with his deputy, Auf Rahomi. Both urged farmers to work with local government officials and with each other to help boost production to stimulate Diyala's economy.

More than three-quarters of those living in the province make their living, either directly or indirectly, from agriculture said Ali Al-Baedi,

who serves as the media representative for the provincial agriculture office. Many of these farmers and growers are facing serious challenges to maintain or bolster agricultural production.

Dr. Abbas Fader, who serves as provincial director of agriculture, addressed a hot topic among local farmers and growers — the damage being done to crops by insects.

Due to the area's security problems, the crops and orchards here have not been dusted since 2003. Thus, insects are inflicting major damage to local crops.

Coalition forces will help repair helicopters, which can dust the crops. He said renovations also would need to be made to the local airport to speed this process along.

While U.S. forces were on hand, they served merely as observers. Most of the planning for the event was handled by Iraqi agencies, said Lt. Col. Leonard Wells, who commands 3rd Special Troops Battalion, 3rd Brigade Combat Team, 4th Infantry



**Hitching
a ride**

Lt. Col. Jeffrey Martindale, commander, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, enjoys a ride on a donkey-pulled cart in Balad, Iraq, March 4.

Photo by Sgt. Zach Mott, 3rd Heavy Brigade Combat Team

IEDs snatched

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — Over the course of 11 days, Soldiers with the 3rd Heavy Brigade Combat Team and Iraqi troops with the 5th Iraqi Army Division discovered 30 hidden weapons caches.

One of the caches was found after a detainee provided its whereabouts during an Iraqi army intelligence interrogation. It also happened to come out of the same field the detainee was arrested from, in which the 3rd HBCT had already found a cache during an earlier search.

“This type of operation denies the anti-Iraqi forces resources. It costs them their money, it cost them their mobility and it costs them their time,” said Maj. Thomas Baccardi, operations officer for 3rd HBCT. “Efforts in this regard disrupt their tempo and facilitate our ability to target (the insurgents).”

During the same time in Balad, two insurgents were killed and several were detained after coalition forces spotted them placing an improvised explosive device.

Soldiers with 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, were conducting a routine patrol when they came upon a group of insurgents pulling security as others planted a roadside IED.

One insurgent was killed when he pointed his weapon at the approaching Americans. A second insurgent nearby was killed when 3rd HBCT Soldiers returned fire after coming under attack.

The search produced one 130-mm mortar

Homecoming

From Page 1

I couldn’t get ahold of his family and he couldn’t get ahold of me,” said Mrs. Parker. “It was a miracle that everybody was fine and everybody’s houses were fine.”

Now that he’s home and out of the volatile atmosphere of Iraq, Parker is weighing his future plans. If he chooses not to reenlist, he’ll get out of the Army in November. He’s looking hard, though, at the Green to Gold program to get his degree and become an officer.

“Whatever he wants to do, I stand behind him,” Mrs. Parker said.

But first, Parker said, he and his family have some catching up to do.

Sgt. Mathew Daughn, for whom this was the second deployment with the regiment, was met by a group of friends and family. His mother, Tomie Daughn, was accompanied by two of her closest friends, who she called her son’s second and third mothers. Coping with her son’s deployment wasn’t any easier the second time than it was the first, Mrs. Daughn said. “I couldn’t have done it without them,” she said of her friends. “They cry more when he leaves than I do.”

Diane Schwarze, one of those friends, said even though the Soldiers are grown up, “We still think, ‘You’re 5, you can’t play in the street.’” What do you mean you’re going to Iraq?

For his part, Daughn, a tanker, was happy to have the love and support of these people, which he said helped him through the deployment. He is looking forward to spending time with his two children, who he said he missed most of all during his second year away.

During the regiment’s second deployment



Spc. Anthony Parker picks up his 16-month-old daughter Abigail at the Special Events Center Friday as his wife, Latasha, and daughter, Anna, look on. Parker was in the last group of 3rd Armored Cavalry Regiment Soldiers to return.

COMMUNITY

3rd ACR reenlistments skyrocket

by Sgt. Matt Millham

Mountaineer editor

After failing to meet its reenlistment requirements for fiscal 2005, the 3rd Armored Cavalry Regiment is already ahead of pace to make most of its reenlistment quotas for fiscal 2006.

The reasons behind this sudden surge in reenlistment are complex to say the least.

From March 6-11, more than 1,000 of the regiment's Soldiers showed up at the Elkhorn Conference Center to meet with Human Resources Command representatives and decide their futures. The options the troops had to consider were convoluted at best.

The basic facts are these: The 3rd ACR is moving to Fort Hood, Texas; the 4th Infantry Division is moving at least some of its assets to Fort Carson.

From there, things get more complex. Just because the regiment is moving to Texas doesn't mean the regiment's Soldiers are moving — by some estimates only about 1,000 plan to do so, voluntarily. In fact, 3rd ACR Soldiers have a number of options, two of which guarantee they will remain in the Army until mid-2009 or early 2010.

Soldiers who want to stay with the regiment, which has deployed twice to Operation Iraqi Freedom since the war's start in 2003, must have contractual obligations to the Army through at least Aug. 15, 2009.

Soldiers who don't want to stay with the regiment and have more than 12 months time in service remaining can either opt to stay at Carson to become part of the new brigade of the 4th Infantry Division or try to negotiate to go elsewhere. Those wanting to stay at Carson to become part of the new brigade, tentatively known as 5th Brigade, 4th Infantry Division, must have obligations through at least Jan. 15, 2010.

If a Soldier with more than 12 months left in service doesn't want either the 4th ID or 3rd ACR options and doesn't want to reenlist, he will most likely be reassigned to another unit according to the needs of the Army, said Master Sgt. William Koke, 3rd ACR's top career counselor.

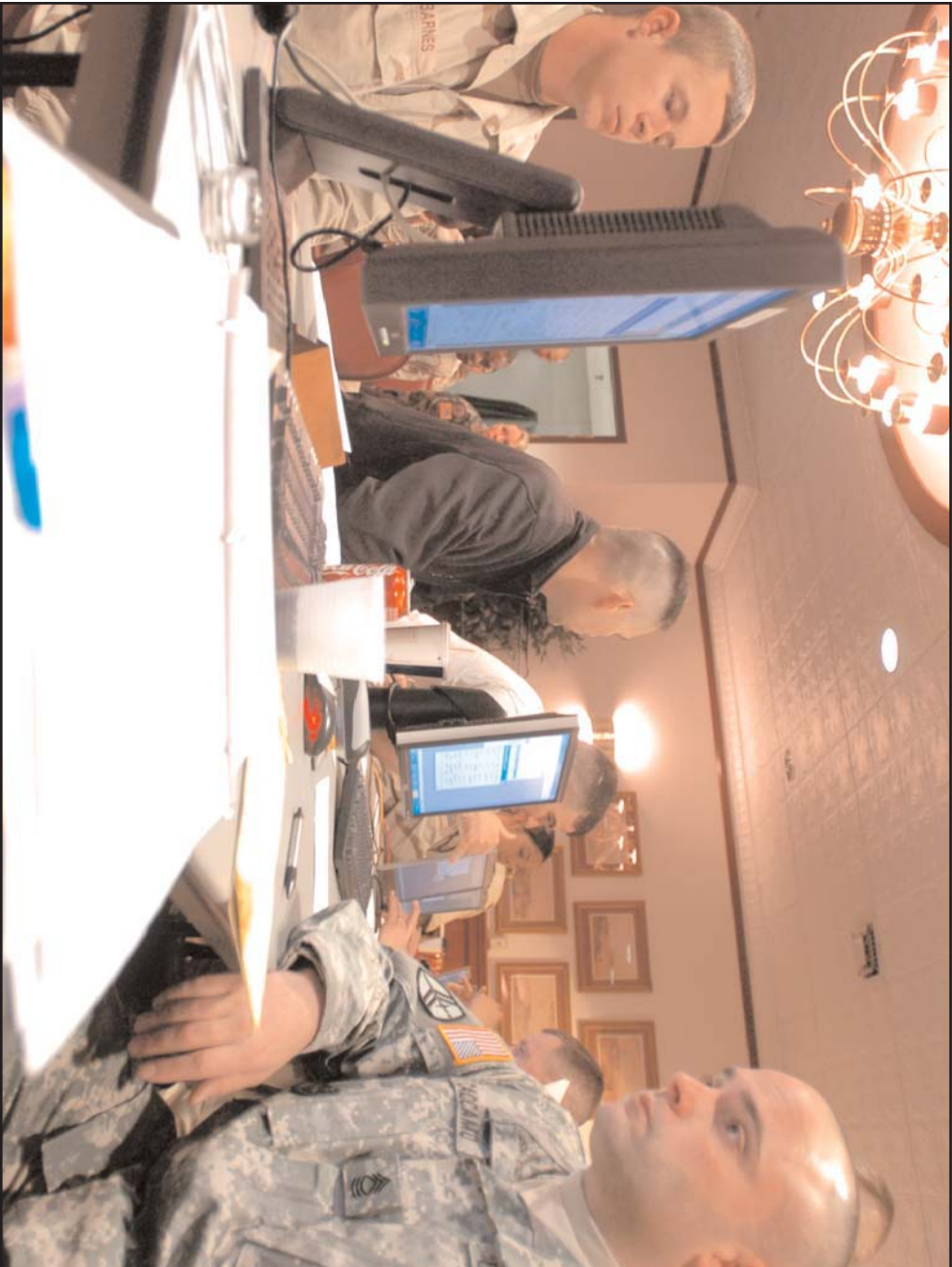
Anyone with an expiration of term of service past April 30, 2007 "is going to have to go someplace" if they don't reenlist, Koke said. This uncertainty is one reason the regiment's Soldiers reenlisted in droves last week. "Since I've been a career counselor, which is about 17 years now, I've never seen anything like this," Koke said.

In six days last week, the regiment reenlisted more than 250 Soldiers. Another 150 or so signed contract extensions, he said. Koke, his six 3rd ACR career counselors and a handful of branch managers from Human Resources Command worked through Saturday to meet with all of the 3rd ACR Soldiers who wanted to make a deal.

The main reason for the flurry of reenlistment activity, Koke said, is basically because the Soldiers had to do something, and they had to do it by Saturday.

"A year ago, half of these Soldiers who are reenlisting wouldn't have had to do that, they could just have extended," said Koke. "But now, the reenlistment window is 24 months out."

The Army policy governing the timeframe in which a Soldier can reenlist expanded from 12 to 24 months for all troops beginning in April 2005.



3rd Armored Cavalry Regiment Soldier Spc. Zackary Barnes, left, met with Master Sgt. Brent Caccamo March 10 to discuss his options for staying at Fort Carson. Barnes, who reenlisted before the 3rd ACR deployed last year, extended his contract by another four months to meet the minimum time requirement to join the new provisional brigade of the 4th Infantry Division at Fort Carson.

This move essentially doubled the number of Soldiers who could — or would have to — reenlist rather than extend to stay in the Army. To some extent, this policy change inflated the number of troops reenlisting.

Then there are the Soldiers who have more than 24 months left in service but not enough time to meet the ETS requirements for either the ACR or 4th ID. In order to have some say in their futures, these Soldiers had to commit to more time to the Army. Career counselors, like Koke, cannot help Soldiers who are not within 24 months of their ETS date to

reenlist. Only the Soldiers' branch managers can do that. Because of the obvious need to let people reenlist or extend to

meet the time requirements for the ACR and 4th ID, the Army sent seven branch managers from Human Resources Command to do just that. If the Army didn't take this step, manning the two units would be difficult given the time in service requirements that have been imposed on brigade-sized combat units, called units of action, through the Army's transformation.

The result is that troops outside of their reenlistment windows basically had one chance to meet with their branch managers and figure out what they wanted to do.

HRC's primary goal was to man the ACR and 4th ID, but the branch managers also worked with Soldiers interested in going elsewhere. Though the branch managers encouraged it, they could not force Soldiers to extend or reenlist for the ACR or 4th ID.

However, Soldiers who already had enough time left in service to meet the time requirement for the 3rd ACR had two choices: stay in the ACR or extend or reenlist for another unit, preferably

the new 4th ID brigade.

Spc. Zackary Barnes is one of those Soldiers. His original ETS, near the end of 2009, was four months short of the time he would need to stay at Carson. Even though he reenlisted for four years just before deploying with the 3rd ACR last year, he extended his contract to stay at Carson. His new ETS is "a little under four years, but" sighed Barnes, "it's a long ways."

Such decisions are difficult for the regiment's Soldiers, Koke said. "Some of these guys have spent more time in Iraq than they have at Fort Carson — a lot of them have."

The only 3rd ACR Soldiers guaranteed to stay at Carson until their ETS date without reenlisting or extending are those with less than a year left in service.

Following the disappointing reenlistment numbers put up by the regiment last fiscal year, reenlistment jumped beginning about November, said Koke. From the beginning of the fiscal year Oct. 1, 2005, to the regiment's redeployment, roughly 600 of the unit's Soldiers reenlisted.

After last week's activity, the ACR should be exceeding its overall reenlistment goals, meeting most and exceeding in some areas, Koke said. So many Soldiers signed new contracts that the post's main retention office had to supplement the ACR's seven career counselors.

Still, the one area in which the unit is languishing is in retaining troops who ETS during fiscal 2006.

"If they haven't reenlisted by now, more than likely they're not going to reenlist," said Koke.

Consistent with the past, careerists — those Soldiers who already have at least 10 years time in service — are the easiest to retain. "The majority of those guys are going to stay in anyway," said Koke.

Regardless of how many Soldiers stay or go, the 3rd ACR moves to Fort Hood in October, ending a decade at the Mountain Post.

Community briefs

Miscellaneous

School District Eight ▮ School District Eight hosts annual meetings to evaluate the effective-ness

of parent involvement policies regarding Aragon, Mountinside and Abrams Elementary schools. A meeting will be held at Aragon Elementary April 11 from 5:30-7 p.m. Refreshments and childcare are provided. R.S.V.P. to 382-1569.

PPCC courses ▮ Pikes Peak Community College offers evening courses at Fort Carson from Monday-May 13. Classes at the Mountain Post are accelerated and last eight weeks. Soldiers, family members and Department of the Army civilians are eligible to enroll. Tuition is \$82.50 per semester hour. Soldiers may use tuition assistance. Family members may be eligible for a tuition discount. Contact the Mountain Post Education Center for details.

Free health screening ▮ From 10 a.m. to 2 p.m. Saturday at the commissary, a health care professional will provide health screenings in conjunction with the Kellogg's Healthy Beginnings campaign. The screenings will include blood pressure, cholesterol, body mass index and fiber needs assessments.

Scholarships — The Fort Carson Officers' Spouses' Club Scholarships for 2006 are now available. Electronic applications are available from fc_osc@yahoo.com or from Catherine Vuono, FCOSC Scholarship chairperson, at cjvuono@earthlink.net. Hard copies are available at the library and Family Connection buildings.

There are three scholarship categories: high school senior, dependent child and spouse. Applicants may only apply for one scholarship per year. Awards will be published in May.

Applications must be received by March 31.

College Scholarships — The Reserve Officers Association will award up to 60 \$500 Reilly

Scholarships this year to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren, or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any Officer (active, Reserve, National Guard, retired, or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service, or NOAA. To join ROA, call (800) 809-9448 or go to www.roa.org. The ROA Reilly scholarship program POC is MS Chandra Oliphant at (800) 809-9448, ext. 730.

FCOSC/ESCO Spring welfare fund distributions — Together with the Enlisted Spouses Club (ESCO), the Fort Carson Officers' Spouses' Club (FCOSC) will distribute charitable monies to non-profit organizations that directly assist or support Ft. Carson soldiers or their families. FCOSC/ESCO is currently accepting applications for these funds.

Following a review and selection process, the disbursements will be mailed in late May 2006. To request an application please contact Lee Ann Nelson, FCOSC Welfare Chairperson, via e-mail at fortcarson_officersspousesclub@yahoo.com or via mail at P.O. Box 12886, Fort Carson, CO 80913. All applications must be postmarked by April 20, 2006.

DMWR/ACS swimming activity for

exceptional family members — Fort Carson Directorate of Morale Welfare and Recreation, in partnership with ACS Exceptional Family Member Program, is having a swim activity for exceptional family members at the indoor pool on post, bldg 1446 on Wednesday, April 26, from 6-8 p.m. This is free to DMWR annual family pass holders and \$4 per family for those without a family pass. Any exceptional family member wishing to bring their family to this activity must RSVP no later than 3 p.m. April 19 to the EFMP staff at 526-0156, 526-0306, or 526-0446. The DMWR contact is Don Armes, aquatic director at 526-3193.

Women's History Month Events — Pikes Peak Community College celebrates Women's History Month with a series of fun and informative events at the college. All events are free and open to the public. For details call 540-7106

• Experience a new perspective on the Women's Rights Movement, circa 1848-1920, through The Rhetoric and History of the Women's Movement. The event is Wednesday from 10-11:30 a.m. at PCC's Rampart Range Campus, room W-111.

Scholarships for military spouses — The National Military Family Association is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse — active duty, retired, National Guard, Reserve or survivor — studying toward professional certification or attending a post-secondary or graduate school is encouraged to apply. Applications can be found at www.nmfa.org/scholarships2006. Applications will only be accepted online and must be submitted by midnight April 15. The number of scholarships each year varies.

Auditions — Harmony in Motion, Fort Carson's official singing group, is holding open auditions to fill openings. Those interested in joining the group cannot have received a bonus for their military occupational specialty, cannot be flagged for any reason, and cannot be in a star military occupational specialty. Those interested should call Sgt. Joshua Soelzer at 338-2340 or go online to the group's Web site at www.carson.army.mil/harmony.

Web site helps spouse groups — CinCHouse, a nonprofit community of nearly 900,000 military wives and women in uniform, in partnership with USAA, has launched the Spouse Club Hub, an online tool spouse group leaders can use to create their own Web site at no cost and with no software.

Spouse group leaders can create Web sites in about 10 minutes by selecting professionally designed graphics and adding text and photos. Leaders can further enhance their sites with other free options including calendars, photo galleries, discussion boards and e-mail distribution lists. For more information visit the Web site at www.cinchouse.com. To register logon to <http://nhub.cinchouse.com>.

SAT/ACT prep — Students preparing for the SAT or ACT can get free assistance by visiting the Internet at www.militaryhomefront.dod.mil. Follow the link for "Registering for SAT/ACT Standard Power Prep Programs." For more information call Fort Carson's School Liaison Office at 526-1071 or 524-0642.

Kit Carson Activity Center — Fort Carson Family Housing's Kit Carson Activity Center is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies and other events for free. The center has a maximum capacity of 60 people and includes a great hall, which can be divided into two rooms, and a catering kitchen that has a sink, refrigerator, two microwaves and several counter tops. To reserve the center call 579-1042.

Waa-Nibe House — The Waa-Nibe House, named after Kit Carson's first wife, is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies, family readiness group meetings and other events for free. View the availability of the Waa-Nibe House at <http://calendar.msn.com/carsonesco@hotmail.com>. Download the reservation form from the Enlisted Spouses Charitable Organization link (under FRGs) at www.carson.army.mil. To reserve the center e-mail the reservation form to CarsonESCO@hotmail.com.

Post fitness center hours — Post fitness centers' hours have been adjusted. Hours of operation include:

• Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

ARMY COMMUNITY SERVICE
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Family University, Bldg. 1161

Bring a brown bag lunch.

For more information or to register, call (719) 526-4590.



• Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

• Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.

• McKibben Physical Fitness Center, bldg 1160 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Modern Army Combatives Program — Fort Carson Soldiers and family members can learn combatives from 6-8 a.m. or 6-8 p.m. Monday-Friday. For more information including meeting locations call Capt. Shawn Wray at 330-8305.

Memorial service — A service will be held March 23 at 1:30 p.m. at Soldier's Memorial Chapel in memory of Staff Sgt. Curtis T. Howard II, Sgt. Gordon F. Misner II, Sgt. Dimitri Muscat and Spc. Thomas J. Wilwerth, all members of the 1-8 Infantry, 3rd Heavy Brigade Combat Team.

Claims against the estate ▮ Anyone having claims against or indebtedness to the estate of Sgt. Dimitri Muscat, deceased, should contact 1st Lt. Darren Amick at 724-422-0860.

Claims against the estate ▮ Anyone having claims against or indebtedness to his estate of Spc. Gordon Misner, deceased, should contact 1st Lt. Nathaniel Hagen, 330-3835.

Claims against the estate ▮ Anyone having claims against or indebtedness to the estate of Staff Sgt. Curtis T. Howard, deceased, contact 1st Lt. Jessica Gutierrez at 338-9060.

Social worker makes strides with military children, families

by Spc. Aimee Millham
Mountaineer staff

Sitting in an office full of board games, magic markers and wooden doll houses, Doug Lehman shares his favorite part of the job; "I'm a champion Candy Land player, and I get to draw with markers all day. What's not to like?"

A social worker at Evans Army Community Hospital, Lehman has gained his successes through his ability to connect with children, and recently that ability earned him an award from the National Association of Social Workers.

The director of the Department of Defense's Office of Family Policy nominated Lehman for the award for his innovative work with children of deployed parents.

In almost five years at Evans, Lehman has broken ground in this relevant but, until recently, ignored subject. He helped start the Fort Carson Family Intervention Team and initiated support groups for children of deployed parents developed a curriculum for these children to learn how to cope with the absence of their parents and is now working on

Project Listen, a mentor program for children of deployed parents.

"He's quite the entrepreneur," said Lehman's dad Charles, who is pleased that his son has found his niche and is doing what he loves.

The award came as no surprise to Chuck Amos, Lehman's co-worker, a social work services provider and psychologist at Evans' behavioral health department.

"What he's doing, it's in vogue in an area that hasn't really been touched upon, and he's doing it in perfect timing," Amos said.

Working with military children is something Lehman sort of fell upon. "Before Carson, I had only been on a military installation to watch a football game at the Air Force Academy," Lehman said, when explaining the culture shock military life was for someone with no military background. He was on Fort Carson when Sept. 11 happened, after having been working at Evans for four months. "Looking back at the experience, I remember feeling a sense of fear and responsibility."



Doug Lehman, a social worker at Evans Army Community Hospital, holds an award given to him by the National Association of Social Workers March 3 for his innovative work with children of deployed parents. Lehman helped start the Fort Carson Family Intervention Team and initiated support groups for children of deployed parents.

See Social worker on Page 14

Courtesy photo

Social worker

From Page 13

That responsibility motivates Lehman to continue working with military children, Soldiers and their families, he said.

Amos attributes Lehman's success as a social worker to his spontaneity and love for life. "He still has a bit of the child in him." It is a characteristic Amos said professionals in his field often lose as they get older and become more rigid.

Kimberly Lind, a doctoral intern at the NeuroAssessment Centre who worked under Lehman's supervision when she was completing her drug and alcohol addictions counselor certification with the state of Colorado, can speak to that. "(Lehman) taught me how not to be so serious all the time; it improved my relationship with my patients," Lind said.

Lehman attributes his knack for what he does to genetics. "You know, you're like your parents." His father Charles, an ordained minister with a laundry list of master's degrees and a doctorate in family and marriage therapy, has been involved in missionary and community work since Lehman can remember.

When Lehman was 16, the family moved from Milwaukee to Australia where his father started a branch of Young Life, a worldwide nonprofit youth outreach organization.

When Lehman was in middle school, the family took in a Vietnamese refugee who was in his senior year of high school whose foster family was having a difficult time raising. "We

had an "open" house," Charles said.

Charles' example as a father may be why social work just made sense to Lehman, though Charles hesitates to take credit for his son's talents.

While many of Lehman's gifts may come naturally, he has certainly enhanced them through 15 years of varying social work jobs, bachelor's degrees in business administration and psychology, a master's degree in social work and myriad state certifications and licenses.

"We used to joke about what his business

"There's an emotional piece of you that goes out to every client."

— Doug Lehman

card would read like. With all the acronyms behind his name, it'd be an 8-and-a-half by 11-inch paper," Lind said.

For Lehman, the children he works with are his first priority, Lind said, adding that Lehman has fought tooth-and-nail to do things he considered beneficial to the children. "That's hard to do when you're not in charge," she said.

This level of dedication and commitment to a job like social work could make someone prone to being emotionally affected by the job.

"Sometimes you can't help but be affected," Lehman said.

Lehman knows how to take care of himself though, Lind said.

He's involved in his church and the community, he teaches at the local community college, and he has no problem turning to a friend if he's been affected emotionally by a case at work, Lind said.

One such time was when Lehman received a phone call from a casualty assistance officer asking Lehman how he thought a child Lehman was working with would react to the news that his father died in Iraq; the child had a mental health history. "I first had to check (my own emotions); there's an emotional piece of you that goes out to every client. How do you recharge yourself?" Lehman asked rhetorically.

This side of Lehman only peaked out long enough to reveal that he would never become calloused or numbed by the suffering he often witnesses.

"I'm Nanny-911, Dr. Phil and Oprah all rolled into one," Lehman said jokingly. That he can be all these things to families is his greatest reward.

Also rewarding is the fact that since children typically get better more quickly than adults do, Lehman gets to actually see the fruit of his service to children, he said.

"You know you've actually made a difference," he said, adding that there is nothing more satisfying than facilitating a process that makes people's lives better.

3ACR troops shuffle future

by Spc. Clint Stein
Mountaineer staff

It has barely been a week since the last group of 3rd Armored Cavalry Regiment Soldiers returned home from a yearlong deployment and yet many in the regiment are already preparing to depart Fort Carson once again.

The news of the 3rd ACR moving to Fort Hood, Texas, and the 4th Infantry Division moving to Fort Carson got many Soldiers scrambling to make a decision about their future.

March 6-11, members of the Human Resource Command set up shop at the Elkhorn Conference Center in order to help Brave Rifle Soldiers understand the options they have regarding the transformation and their careers. Whether to stay with the regiment and move to Fort Hood, stay at Fort Carson and be a part of the incoming 4th ID or simply let the Army decide one's fate were just a few of the choices Soldiers were faced with. For others, reenlistment or extension gave them a little more bargaining power when it came time to talk to their respective branch representative from HRC.

"We've had a big number of reenlistments over the past several days," said Master Sgt.

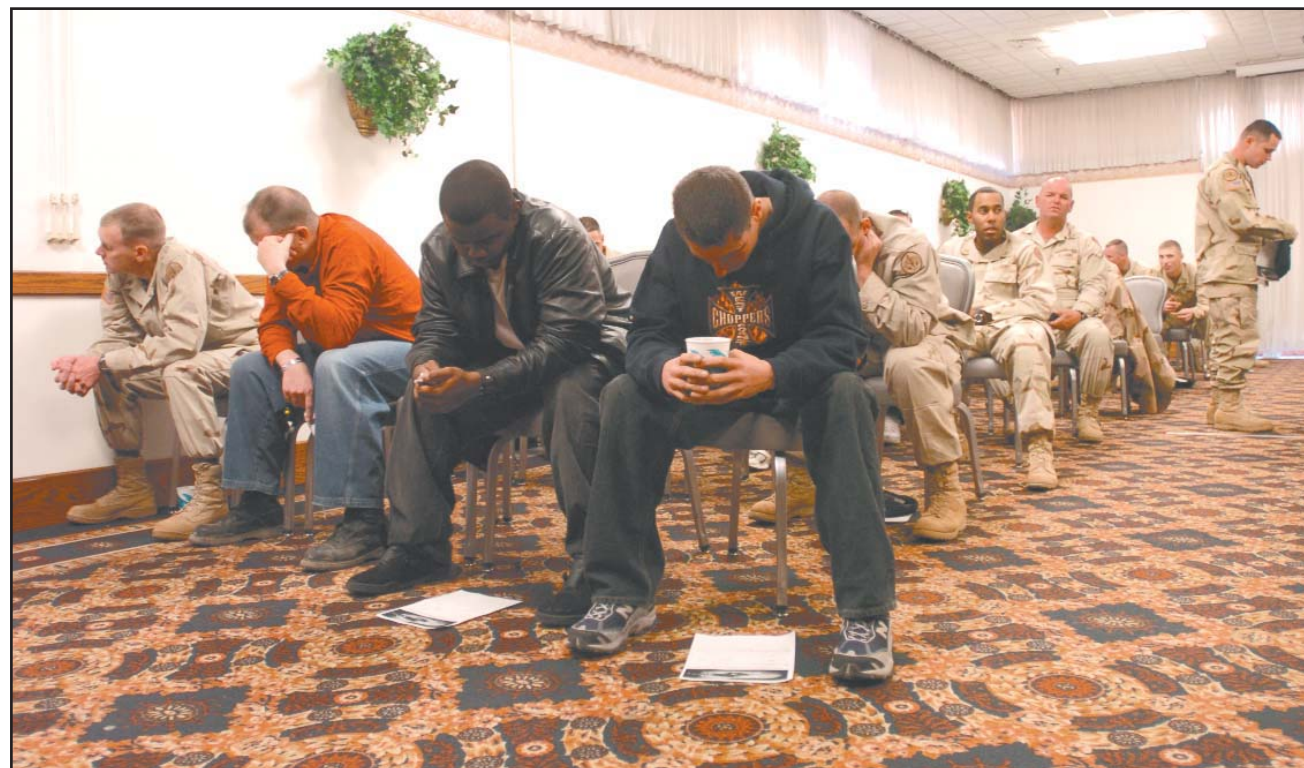


Photo by Sgt. Matt Millham

3rd Armored Cavalry Regiment Soldiers wait to be called to speak with representatives from Human Resources Command about their career options Friday at the Elkhorn Conference Center.

William Koke, senior career counselor for the regiment. "We've also had well over a hundred extensions."

Koke said the purpose of the HRC conducting the career counseling wasn't to get reenlistments

but to help Soldiers decide what their best options are. The 3rd ACR Soldiers talked with the HRC

representatives one squadron at a time, one day

See **ACR** on Page 20

Fresh starts, new hopes

**Commentary by
Chap. (Lt. Col.) Greg Borden**

United States Army Garrison

This is the season for fresh starts and new hopes. March Madness is always an exciting time for college basketball enthusiasts. For those of us who believe in God, we have something else with which to get excited. I read this short story about Easter, which is just a month away.

Young Jonathan, who had been promised a new puppy for his 10th birthday, had a tough time choosing one from the dozen likely candidates at the neighborhood pet shop.

Finally, he decided on one nondescript shaggy pup who was wagging his tail furiously. Explained Jonathan, "I want the one with the happy ending." During this Easter season, God offers us a

"happy ending."

This is also about the time most of us start doing some rearranging at home. The "spring cleaning" mindset grabs hold of us until we make some changes. It could be tidying up some cluttered area, or giving the house an overhaul with moving this or taking out that. We can do some spring cleaning in our lives as well.

God has given us another opportunity to mature in our faith and our relationships.

Our relationship with Him, our relationships with our family and friends, and our relationships with those we work and play with throughout the week can all be improved.

Because of the unique events of this special season, God reminds us of the prospect of a fresh start.

Margaret Sangster Phippen wrote that in the mid-1950's her father, British minister W.E. Sangster, began to notice some uneasiness in his throat and a dragging in his leg. When he went to the doctor, he found that he had an incurable disease that caused progressive muscular atrophy. His muscles would gradually waste away, his voice would fail, his throat too fragile to allow him to swallow.

Sangster threw himself into his work in British home missions, figuring he could still write and he would have even more time for prayer. "Let me stay in the struggle, Lord," he pleaded. "I don't mind if I can no longer be a general, but give me just a regiment to lead."

He wrote articles and books, and helped organize prayer cells throughout England. "I'm only in the kindergarten of suffering," he told people who pitied him.

Gradually, Sangster's legs became useless. His voice went completely. But he could still hold a pen, shakily. On Easter morning, just a few weeks before he died, he wrote a letter to his daughter.

In it, he said, "It is terrible to wake up on Easter morning and have no voice to shout, 'He is risen!' But it would be still more terrible to have a voice and not want to shout."

I want one of those happy endings, don't you? May God help us to look for the good and expect the best.

By the way, another happy ending would be Duke or Ohio State winning the National Championship during this March Madness season.

Expecting something good ...

Chapel

New youth program □ A new chapel youth program meets 4-5:30 p.m. Sundays at Soldiers Memorial Chapel. Military youths grades six-12 are invited. Individual programs for grades six-eight and nine-12 are offered. This program is sponsored by the Fort Carson Catholic and Protestant Chapel congregations. For details call 526-4946.

Catholic religious education □ Registration forms for Catholic religious education courses are available at Soldiers Memorial Chapel in the library room. Classes for preschool (age 4) through sixth grades will be held Sunday from 10:30-11:50 a.m. Classes for seventh grade through adult (including confirmation and post confirmation) are held Sunday from 6-8 p.m. Call Pat Treacy at 524-2458 for more information.

Stations of the Cross □ Unless a Seed Falls to the Ground, □ by Dick Bowles. March 22 at Soldiers Memorial Chapel beginning at 6 p.m. followed by soup and bread, then reflections at 7 p.m. For more information call 526-5769.

Native American Sweatlodge □ Ceremonies are offered to Department of Defense personnel and dependents. Please call

Chapel Schedule
ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans	Magrath & Tins	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Soldiers	Nelson & Martinez	Ms. Scheck/231-9511

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

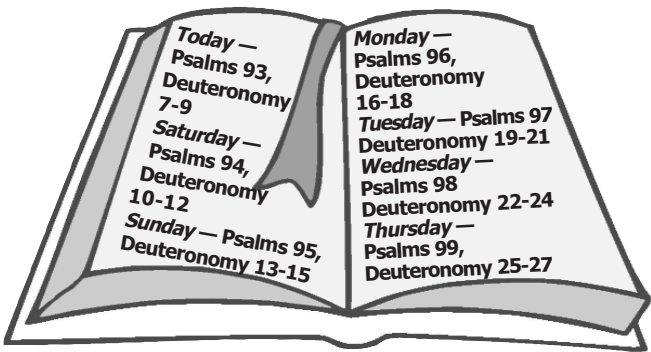
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and OConnell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year



The Army Cycle of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

Pray this week for the following: **Unit:** For the Soldiers and leaders of the 2nd Infantry Division ("Second to None"), headquartered in Seoul, South Korea.

Army: For the Soldiers, noncommissioned officers and officers of the Aviation Branch. Ask God to safely keep the pilots, crews and support personnel in their mission of flying close air support for Army soldiers.

State: For all Soldiers and

families from the state of Alabama. Pray also for Gov. Robert Riley, the state legislators and municipal officials of the Yellowhammer State.

Nation: For the Secretary of State Condoleezza Rice. Ask God to lead her in her deliberations with representatives of foreign governments that peace might rein through diplomacy.

Religious: For the Soldiers and families from the Churches of Christ. Pray also for the chaplains endorsed to military service by this community of faith.

For more on the Army Cycle of Prayer visit the Web site at: www.usarmychaplain.com.

ACR

From Page 16

at a time, hoping to make a decision and walk out of the Elkhorn with a smile on their faces.

For Soldiers like Staff Sgt. Crystal Brooks, the decision to stay at Fort Carson or go to Fort Hood was simple — “neither.” She said she has been in the regiment for seven years and it’s time for a change.

“I hope I can bargain to reenlist to somewhere overseas,” she said. “But, if I have to stay at Fort Carson it won’t be so bad. I really like the post.”

Another Soldier who really likes Fort Carson and wants to transfer to the 4th ID is Pfc. James Kendall. Kendall said he was happy when he got Fort Carson as his first duty station because he has family that lives in Boulder.

With no more than a month to settle in to his new place, Kendall deployed with the regiment last year. Now, he said he wants to try everything he can to stay at Fort Carson. “I don’t want to have to move to Texas,” he said. “If I have to I will, but I won’t like it.”

Depending on Kendall’s expiration of term of service date, he may not have gotten his first choice. Koke said Soldiers whose ETS date falls after Jan. 16, 2010, can make the life cycle to stay at Fort Carson and join the 4th ID. Soldiers whose ETS date falls on or after Aug. 16, 2009, can make the life cycle for the 3rd ACR and move to Fort Hood.

Pvt. Natalie Cairns, who wants to stay at Fort Carson said she will extend her contract if that meant she would stay at Fort Carson. “I really don’t know what I can get, but I hope they (HRC) can help tell me what to do to stay here,” she said.

Helping the 3rd ACR Soldiers was the main goal of the week, said Koke. “They’re (HRC) here to help. We know we can’t make everybody happy, but you never can.”

The 3rd ACR is expected to be move to Fort Hood by fall of this year and the majority of 4th ID, which is currently deployed to Iraq, is expected to move to Fort Carson in 2007.



Photo by Mike Strasser, Fort Lee Public Affairs

Souffle for Soldiers

Spc. David Harper, a Fort Carson Soldier, spoons out vanilla soufflé at the U.S. Army Culinary Arts Competition at Fort Lee, Va., March 9. Harper was competing in the junior chef event.

Visitor impressed by Carson

by Patricia Kleban
Pennsylvania State University

A [significant emotional event] is defined as something that occurs in one's life that results in a change in his or her value system.

Morris Massey, a theorist in organizational behavior, suggests that we are pretty much programmed by late childhood and our profile will remain much the same for the rest of our lives unless something happens to change it.

It can be as simple as reading a book or meeting someone new. It can be bigger, such as a natural disaster or the loss of a loved one. A significant emotional event changes who we are.

I recently spent some time at Fort Carson. It was a significant emotional event.

For many people, the war effort in Iraq is a blurb on the radio or an article in the newspaper. We seem to be interested only in those things that directly affect us. Current events that happen out of our geographic region are a channel that can be changed.

I confess that the military and our mission in Iraq is something I don't really understand and didn't give a lot of attention.

I visited Fort Carson as a faculty member in recreation, park and tourism management at Penn State. Our trip was designed to meet the professionals there who support our troops

through the Morale, Welfare and Recreation, or MWR, program.

Each base or installation has a range of services provided to the Soldiers or sailors, their family members, Reservists and retired military in the area. These programs are designed to provide recreational opportunities and social events, as well as health and wellness offerings.

Fort Carson is an amazing place. For the Soldiers and families there, MWR has four fitness centers with state-of-the-art equipment. They have a bowling center, an 18-hole golf course with pro shop and restaurant, indoor and outdoor pools, an outdoor recreation facility where kayaking, backpacking and other types of trips are planned and where [authorized users] can rent recreational vehicles, campers, boats and the like for the off-post trips.

There are on-post restaurants, a sports bar and top-quality lodging for guests. Very near to the base, the Army owns and operates a 1,200-acre ranch that offers camping, trail rides, rodeos and other activities.

These programs, located at the base of the Rockies within eyesight of Pikes Peak, are incredible.

More important, the people at Fort Carson are incredible.

We spent the week with folks who are truly dedicated to meeting the needs of their clientele.

The situation under which they are providing services can be defined as stressful at best.

Fort Carson is not a [basic training] installation, but one that serves as the last stop on the way to deployment or the first step home for those who are returning.

We heard stories of welcome-home parties, parades, programs being canceled to set up cots and temporary housing in gym space, and, sadly, of funerals. Many of the employees on post are the spouses of servicemen and women who are deployed [some for repeated tours.

Folks in and around the military speak in initials and acronyms. We heard about CLS (common levels of service). We stayed in DVQ (distinguished visitors quarters).

I was more than a little impressed with the red [official use only] phone that sat next to the regular phone in our well-appointed lodging. I resisted the impulse to pick it up to see who answered.

The mess hall is called the dining facility. We had to show identification every time we entered the post. A trip without a post employee in our rental car resulted in a full search of the vehicle.

Troops' return helps economy

Story and photo by Spc. Clint Stein
Mountaineer staff

Now that Soldiers from the 3rd Armored Cavalry Regiment have arrived back in town from their yearlong deployment, family and friends aren't the only ones thankful for their safe return.

Many local businesses have been experiencing some positive changes in their sales and revenues over the course of the regiment's return and are gladly reaping the benefits.

The economical impact 5,200 Soldiers from the regiment can have on the Colorado Springs business community can be quite surprising.

Earning about an extra \$500 to \$800 more a month from hazard pay, combat pay and separation pay, depending on if the Soldier is married or single, a Soldier's bank account can really add up over the course of a year. And, in addition to the extra pay, Soldiers also get a federal tax break while deployed to a combat zone as well.

Because of this federal tax relief, many Soldiers take the opportunity to reenlist while deployed so that they don't have to pay federal taxes on any re-enlistment bonuses they may receive. By the time Soldiers get back from deployment, many of them have saved several thousand dollars and are ready to make big purchases.

For many businesses, like auto dealerships, furniture stores and apartment complexes, big purchases mean big revenues. Dale Cecil, sales manager at Perkins Motor City Dodge in Colorado Springs said aside from reading the newspapers or watching the local news, it's always apparent when Soldiers are returning back from deployment because he gets a surge of Soldiers coming in with sizable down payments. It's not uncommon at all for an E-4 to come in and put \$5,000 down on a car or truck, he said. Over the past month or so there's been at least two or three Soldiers in here every

In addition to an increase in auto sales, Cecil said there is also a surge in the service department, too. Many Soldiers, especially single Soldiers, put their cars in storage for a year and when they return from deployment they get them serviced.

Cecil said whether it's auto purchases or



Photo by Spc. Clint Stein

After Soldiers from the 3rd Armored Cavalry Regiment started coming back to Fort Carson after their year-long deployment in Iraq, many local businesses on the south side of Colorado Springs began to experience a surge in their sales.

servicing, most of the business the dealership receives is from single Soldiers. Out of the 5,200 Soldiers in the regiment, about half of them aren't married. Mike Kazmierski, president and

See **Economy** on Page 28



Patriots honor a fallen hero

Photos and layout by Sgt. Matt Millham



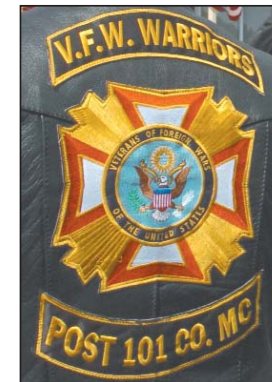
Veterans and friends of veterans with the Patriot Guard Riders, a group of motorcycle riders that has been attending the funerals of service members killed in Iraq, paid a final tribute Saturday to Sgt. Gordon Misner II, a member of the 3rd Heavy Brigade Combat Team. Misner was killed by a roadside bomb in Iraq Feb. 22. Nearly 250 riders on 230 motorcycles participated in the funeral at Evergreen Funeral Home at the request of Misner's family. The Patriot Guard Riders formed as a counter to a group of protesters belonging to a fundamentalist church from Kansas that pickets military funerals around the country because of their belief that God is punishing the U.S. for tolerating homosexuality. A small group of protesters picketed Misner's funeral, but quickly left because of the Patriot Guard Riders, according to Colorado Springs police. Many of the riders are Vietnam veterans who want to make sure American troops com-

Clockwise from top: More than 300 people gathered for Sgt. Gordon Misner's funeral in Colorado Springs Saturday.

Soldiers bow their heads as a prayer is said for Misner at his grave.

Patriot Guard Riders hold U.S. flags and salute the vehicle carrying Misner's body.

Patriot Guard Riders shield the Evergreen Funeral Home from protesters across the street.



From top left to bottom right:
A Soldier plays "Taps" at Misner's funeral.

Some of the Patriot Guard Riders in attendance Saturday were members of the Veterans of Foreign Wars Warriors from VFW Post 101 in Colorado Springs.

Roughly 250 bikers look on at Misner's funeral.

Soldiers fold Misner's interment flag for presentation by Maj. Gen. Robert W. Mixon Jr. to Misner's widow, Christina.

Gordon Misner, father of the fallen Soldier, shakes the hand of Rod Murray, a Vietnam veteran and Patriot Guard Rider.



Economy

From Page 24

chief executive officer at the Colorado Springs Economic Development Corporation, said the major economic impact comes from the single Soldiers. He said Soldiers who are married are sending their money home to their family which doesn't create much of a change in the economy. "The biggest impact comes from the single Soldiers who didn't have any place to spend their money while deployed," said Kaznierski. "When they return, the money they've saved gets poured into the local economy which is definitely positive for Colorado Springs."

But, redeploying Soldiers simply buying products or services locally does more than raise sales and revenues for businesses. When a business surge that redeploying Soldiers have on the economy is created, it also creates a ripple effect, said Kaznierski. "More jobs are created to help compensate for the increase in business, too." When more jobs are created, more people can make more purchases and the cycle continues, he said.

Cecil said he would agree with the ripple effect a surge of business creates, because he has had to hire more sales associates at the dealership as a result of the influx of Soldiers coming in to the dealership.

Tex Stuart, general manager of the Colorado Springs Military Newspaper Group that publishes the Mountaineer, and director of advertising for the Colorado Springs Business Journal, said he has also had to hire more

people in his advertising department mostly because of the regiment's return. "The phones started ringing off the hooks when Soldiers started to return," he said excitedly.

"Companies want to reach that market."

One of the ways businesses reach a particular market is through advertising, said Stuart. "Advertising in the Mountaineer has increased about 35-40 percent since January," he said. Last year, when the 3rd ACR was deploying, the March 11 issue of the Mountaineer was 36 pages. This year's March 10 issue is 56 pages, and Stuart said the number of ads is what determines the number of pages in the newspaper.

"When local (business owners) hear the troops are back, they know their advertising will pay off," Stuart said. "Some companies, especially the ones that have been around a while and know how the deployments work, arrange their advertising in accordance with the redeployment and deployment dates."

Local apartment complexes near Fort Carson and furniture companies are some of the businesses that advertise more when Soldiers redeploy, said Stuart. He said they know many of the Soldiers returning home are single and want to live off post.

"The business competition gets high for these companies," Stuart said, "and they all want a piece of the market."

After they get an apartment, the Soldiers are going to need to fill their place with furniture and electronics, said Kaznierski. These are things that most married Soldiers probably already have.

Visitor

From Page 22

We tried the tank simulator. We heard how this generation of Soldiers is easily trained on weapons because of its experience with video games.

In a simulation designed at Fort Carson, we drove in a Humvee caravan with an IMAX-type simulator. Not surprisingly, it looked like an Iraqi city with hidden dangers all around. As I aimed the real machine gun adapted for the simulator, I took out some civilians who looked the same as the insurgents.

Soldiers returning to Fort Carson are interviewed about their experiences to enable an update of the facility with realistic threats.

I was in awe.

We met Soldiers, lodging staff, administrators, division chiefs and recreation employees. Similar to those at any Fortune 500 company, employees at every level could clearly define their mission: "We are here for our Soldiers."

I feel guilty about my ignorance.

How is it that we in Middle America walk around and experience freedom without giving much thought to how we got it and how it remains ours?

I find myself more appreciative of the young men and women who opt to make the military a career and to those who make it a lifetime commitment.

Thinking of the sacrifices these young families are making in our behalf is almost over-



Community Policing



Department of the Army Police



Name: Officer Jose Barraza
Experience: Barraza spent seven years with the Army as a military policeman and has been working for the Department of the Army civilian police since April 2004. Barraza currently works as a traffic incident investigator with the Fort Carson Police.
Quote: "Treat people how you would like

Military Police



Name: Spc. Neysa Wright
Experience: Wright arrived at Fort Carson in April 2004 and currently serves as a team member, driver and patrolwoman with the 984th Military Police Company. Wright deployed to Operation Iraqi Freedom in Fallujah, Iraq, from March 2004 to February 2005.

Alutiiq-Wackenhut Security Services



Name: Officer Charles Spoerl
Experience: Spoerl retired with more than 22 years in the Army and has worked for Alutiiq-Wackenhut Security Services for the past six months at Fort Carson.
Quote: "If it isn't broke, don't fix it!"



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March 17-24, 2006

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Turkey Creek Ranch
Fort Carson, Colorado



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Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

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April 4 - 8, 2006



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Includes Native sunglasses, rock climbing gear,
hunting apparel, scopes, camping accessories and more!
Excludes items already on sale.



SPORTS & LEISURE

WCAP boxer wins national title

Story and photos by
Walt Johnson

Mountaineer staff

Christopher Downs knew what he wanted Saturday at the Sheraton Hotel in Colorado Springs and he wasn't about to waste much time getting it.

Downs, the World Class Athlete Program's 178-pound fighter, took the fight to his opponent Alfonso Lopez, with such quickness and ferocity that after two knockdowns and numerous clean shots to the head, the referee stopped the fight in the first round giving Downs the 178 pound U.S. Nationals championship.

Downs' performance was as devastating as any on the night and the suddenness of his victory left the ballroom at the Sheraton in awe of his dominant display. After the fight, Downs was quick to credit others for the victory and talked about what motivated him to win the bout.

"It's not about how short the fight was, it was about the months, weeks and days of camp leading

up to the fights. I was nervous and, of course, anxious but I had faith in my conditioning, training and ability that I could get the job done. My coaches did a good job (preparing me) and all praises are due to them. We put a game plan together to go out and use the jab and then see what happens from there. He was a pretty game fighter but the first right hand hit him pretty flush. I thought it may have hurt him but he was still fighting back. I didn't want to rush in and catch something from him so I decided to take my time and see where it went from there. After I hurt him I wanted to go right back at him and test him and see if he was really hurt or if he was just trying to lure me in so he could get a good clean shot on me. When I got back on him, I realized he was still a little hurt and I was looking to take advantage," Downs said.

Downs' performance was even more impressive when considering he could have been in the perfect spot

for a let down. Prior to the nationals

See **Downs** on Page 38



Christopher Downs, right, delivers a hard left hand to the head of an opponent during a second round bout at the Olympic Training Center March 8.

Mountaineer Sports Feature

Lady Mountaineers

Cathy Satow, left, Peterson Lady Mountaineers' softball coach, goes over batting drills with prospective members of the post women's softball team Saturday at the Mountain Post Sports Complex. Satow is holding open tryouts for the team Saturday and March 25 at the Mountain Post sports Complex from 10 a.m. to noon. Satow said the women who are currently competing for a spot on the team have her very excited about the prospects for this year's team. "We have a group of ladies that are really good fundamental ball players. Everyone here has done a great job at the little things that help you win games and the attitudes have just been great. The ladies are here to play as a team and they are doing whatever it takes to help us be successful this year. I like the fact that the ladies understand the team concept is the best way to win, and I think we will have a great year," Satow said.



Photo by Walt Johnson

On the Bench

Coach sees outstanding things for elite boxing team

by **Walt Johnson**
Mountaineer staff

To all of the Soldiers returning to the Mountain Post from your deployed locations welcome back and thank you for all you are doing for our country.

Basheer Abdullah, World Class Athlete Program head boxing coach, was a very proud man Saturday.

Two of his athletes had just won medals — one gold, one silver — and coupled with a bronze medal from the team's only female fighter, he felt pretty good about his team's showing at the U.S. Nationals in Colorado Springs.

"This was a big improvement from last year. These guys (WCAP boxers) are dedicated athletes who believe in my coaching philosophy and make my job easier. When you have athletes like this who believe in themselves, they give themselves every opportunity to

win. It began in training camp, doing the hard work in the gym, eating right, living right and using every part of the training regimen to help them be successful this year," Abdullah said.

Abdullah said he likes the make up of his team and feels they will continue to do the one thing it needs to do to be more successful in the future.

"We need to continue to grow — keep working on things in the gym and keep getting better. The team is growing. (Christopher) Downs and (Boyd) Melson proved that by bringing home gold and silver medals respectively. There are some great things lying ahead for the WCAP boxing program. I am so confident that at least one of my guys is going to be on the Olympic team, if not

See **Bench** on Page 35

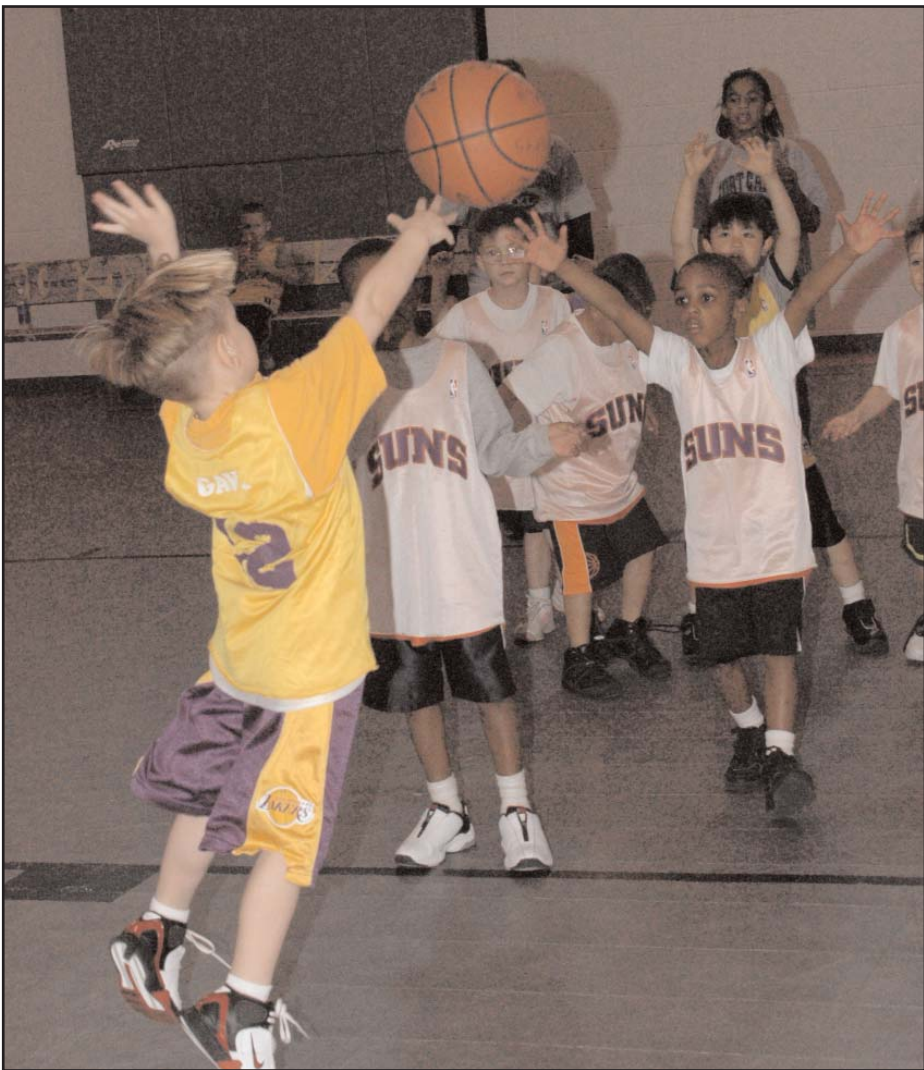


Photo by Walt Johnson

Youth hoops

Youth center Lakers guard Gavin Harmon fires a shot over Suns defenders Saturday at the post youth center.

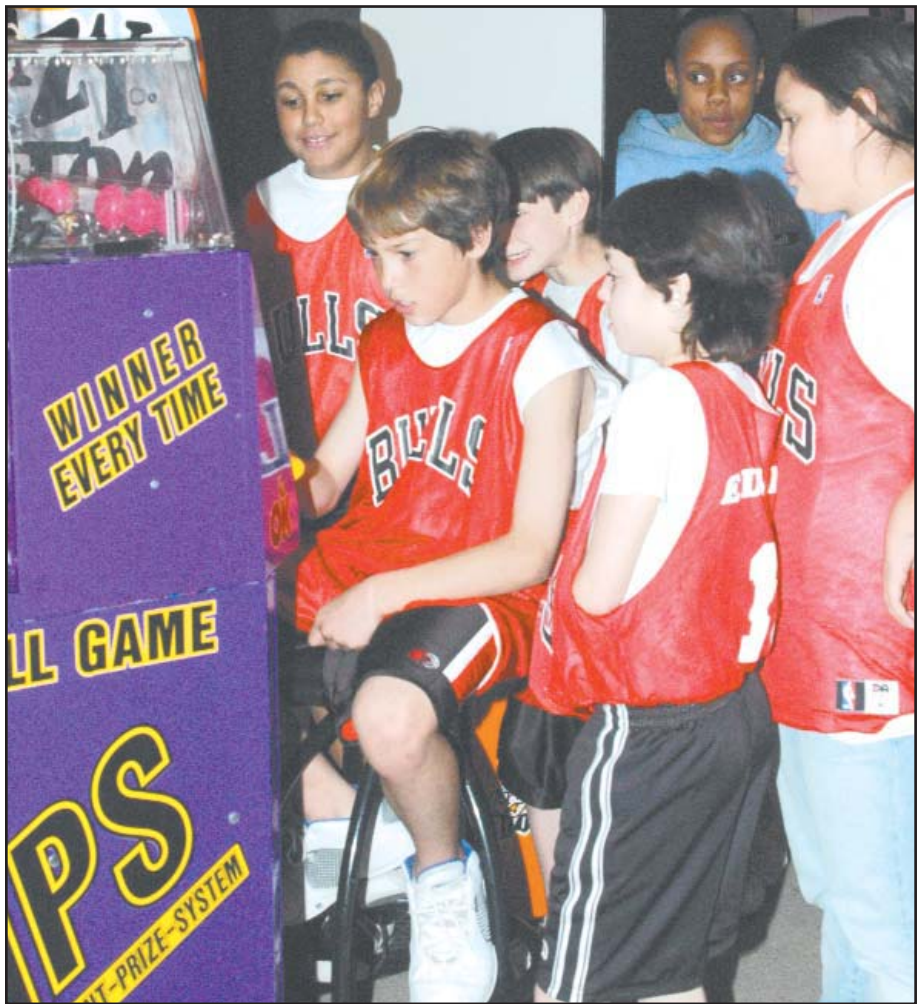


Photo by Walt Johnson

Season over

The youth center Bulls team was the first team to complete its youth season Saturday. After the game, the team, parents and coaches took time to celebrate the year at Xtremes Sports and Entertainment Lounge on post.

Bench

From Page 34

more," Abdullah said.

There is going to be a huge game Saturday at the post youth center.

The youth center's Jazz and Suns teams will meet for the championship at 1 p.m. at the youth center gym. Both teams will come into the game with only one loss on their records, and the young athletes have shown they have talent to spare. This should be as good a youth game as you can see.

The post varsity softball team, the Aces, will hold its first official practice session Saturday at 9 a.m. at the Mountain Post Sports Complex softball field. Brian Rushing, Aces head coach, is looking for dedicated softball players that are ready to compete at the highest level of competition in Colorado Springs and Colorado. For more information call Rushing at 721-9246.

The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, are getting ready to begin another campaign at Security Services Field and there are a number of things the team has planned to honor military members.

The Sky Sox will open the home season April 14 when it hosts the Tucson Sidewinders. The team has scheduled May 21 as Fort Carson Appreciation Day when it will host the New Orleans Zephyrs in a 1:05 p.m. game. Free tickets for the military appreciation day will be available at the Information, Tickets and Registration office beginning April 21.

Any unit interested in fielding a team in the post intramural soccer league should contact Lamont Spencer or Joe Lujan. The intramural soccer season is scheduled to begin in March if enough teams are interested in forming a league.

The aerobics schedule at Forrest Fitness Center for the month of March has changed and there are plans for more changes in the future. Here is the new schedule:

Monday 9 a.m., Yoga, 5:30 p.m. 20-20-20; Tuesday 6:30 a.m. Spinning, 9 a.m. Cardio Mix, 9 a.m. Spinning 4:30 p.m. Yoga, 5:30 p.m. Kick Boxing; Wednesday 9 a.m., Yoga, 4:30 p.m. Spinning, 5:30 p.m. Toning; Thursday 6:30 a.m. Spinning, 9 a.m.

Female boxer wins bronze medal



Khara Keegan, right, gets into a close fighting position with eventual women's 112-pound champion Sacred Downing.

**Story and photo by
Walt Johnson**
Mountaineer staff

Khara Keegan knew she wanted to be a boxer after she began taking courses at West Point in the sweet science.

In what was certainly her biggest test since she began to learn the sport, Keegan won a bronze medal at the U.S. Nationals boxing competition Saturday in Colorado Springs.

Keegan got through the opening rounds of the competition with victories and found herself face-to-face with the No. 1 ranked woman fighter in the country, Sacred Downing, in the semi-finals of the women's round. Considering where Keegan came from, standing on the brink of competing for a gold medal was something she could be proud of.

"I got interested in boxing when I was at West Point. It is a mandatory class for the men, and I just thought it would be a good sport to learn so I started going to the classes. I began liking it a lot and I just stuck with it."

"When I first started out it didn't come naturally to me like it does to some other people. I had to work really hard at it. It took me about six months before I felt like I was getting the hang of the rhythm of the sport. I think once I started to get it down it was something I really wanted to do and to pursue it as far as I could," Keegan said.

As far as she could lead her to Colorado Springs and the U.S. Nationals from her home station at Fort Huachuaca, Ariz. While the all-Army team was training out there, Keegan caught the eye of World Class Athlete Program boxing coach Basheer Abdullah, who invited her to train in Colorado Springs and compete in the U.S. Nationals. Taking him up on the offer is something she doesn't regret.

"The Nationals turned out to be a really great opportunity for me. I had a few amateur bouts before, but most of my bouts were at the collegiate level. This was a lot different and it gave me a chance to grow. To be able to compete against and see how the other women at this level fight was a really great opportunity for me and I am thankful for that," Keegan

Melson captures nationals silver medal

**Story and photo by
Walt Johnson**

Mountaineer staff

Boyd Melson knows that life as a boxer means going through many twists and turns on the road to a possible berth on the U.S. Olympic team.

The World Class Athletics Program's 154-pound fighter is one of the top ranked boxers in his weight class and Saturday at the Sheraton Hotel in Colorado Springs he came one step closer to fulfilling his dream of qualifying for the Olympics in Beijing in 2008.

"My goal this year was to win the gold medal. My secondary goal was to make it further than I did last year (he won a bronze medal) and get to the finals, which I did," Melson said.

Melson went into the ring against the reigning middleweight champion, Demetrius Andrade, with a game plan on how to beat the lightning-quick boxer.

"Part of my game plan was to try to wear him out. If he wanted to fight with me, I wanted to do that because I am stronger than him. He tired me out holding me and the ref really didn't

say anything to him about the holding. That's nothing against him, because it was smart of him to do that if he could get away with it. I wanted to get him to fight with me, even if I had to take two punches for one, I felt it would be to my advantage because I hit harder than him. But I was getting tired just trying to break out of the holds," Melson said.

Melson fought a different fight over the final two rounds than he did the first round, and thinks the way he attacked Andrade would be the key if he met him again.

"Against Andrade, I had more success in the third and fourth rounds so if I fight him again I want to start off in the early rounds with the things that made me successful in the late rounds," Melson said.

Melson said he was more disappointed in not winning for his classmates from West Point's class of 2003.

"I got e-mails from my classmates in Iraq, and they are all rooting for me. Look where they are, and they are checking up on me and sending me e-mails to congratulate me. All I know is the class of '03 keeps writing me to tell



Boyd Melson, right, prepares to mount an attack against an opponent during early round action at the U.S. Nationals at the Olympic Training Center March 8.

Downs

From Page 33

beginning, Downs had been focusing on fighting the No. 1 ranked light heavyweight in the nation, but he got upset by Lopez who also upset the No. 2 ranked fighter in the country. Downs could have come into the fight over confident and looking past his opponent but that wasn't going to be the case for the fighter who said "I wanted to come out of the championships with a jacket (symbolic of winning the gold medal) so bad."

"All these guys had to do something to make it here. They all fought their hearts out to compete on a national level and you can't take anything away from them. I had my game plan set for the No. 1 guy coming into the event, and it threw me off because I didn't even scout him (Lopez). I knew I had to respect him, though, because he had already upset two other guys and I didn't want to be the third one. My mental state was [all right, he is the number one guy, so I have to take it to him.] He was going to have to show me that he could keep me off him," Downs said.

After the fight, Downs said he achieved a goal he set for himself and was happy he was able to do it. Downs finished third in last year's

nationals (he fought at 165 pounds, which he felt was a mistake because he didn't feel he was strong enough at 165 pounds) and desperately wanted to win this year.

He said the work leading up to the victory was tough and the win was sweet but he knows he can't relax.

"My whole motivation was to get that jacket. It was rumors about belts and trophies, but the only thing I wanted from this national championship was to get that jacket which I will wear and have forever. I saw all the other athletes get that black jacket with national champion on the back, and I wanted to be with the elite. From that standpoint, I think I have arrived. Now the hardest part will be to stay here. In my heart I always feel like I am the target and that keeps me on my toes. When the referee stopped the bout I was happy about that, but I remember saying, 'How get yourself mentally ready for the next bout.' Like we say in the Army, 'Stay alert and stay alive,'" Downs said.

Downs said he realizes he is stepping into a very hallowed place in the history of WCAP boxing. The



Christopher Downs, right, sends his opponent crashing to the ropes during an opening round assault that led to a stoppage of his bout and Downs winning a national title.

Happening's

BENT'S FORT



An elk hide depicts Cheyenne history during 1833. It's called a "Winter Count."



Robert Kisthart, a park employee, tells visitors about the goods for sale in the trade room at Bent's Fort.



Story and photos by Nel Lampe *Mountaineer staff*

Bent's Fort was established more than 20 years after Capt. Zebulon Pike led a group of Soldiers through Colorado while exploring part of the Louisiana Purchase. Pike's expedition generated interest in the West and attracted trappers, adventurers, explorers and settlers. At that time, Mexico's border with the United States was on the south side of the Arkansas River in what is now southern Colorado. On the north side of the Arkansas River was land

belonging to the United States.

Two adventurous brothers from Missouri thought the opening of the West might be a good trading opportunity. Charles and William Bent left St. Louis in 1829 with a wagon train of goods and headed for Santa Fe, almost 800 miles away. The trip took almost two months but was very profitable. The Bents also found trappers in the Rocky Mountains that were eager to trade pelts for supplies and the Plains Indians had buffalo robes to trade. The Bent brothers and a partner, Ceran St. Vrain, decided to establish a base for their trade on the U.S. side of the

Arkansas River along the Santa Fe Trail. They thought the site was ideal as it was about halfway between St. Louis and Santa Fe and close to the trappers and Plains Indians. Meanwhile, wagon trains were heading west along the Santa Fe Trail.

As timber was scarce on the dry, hot, windy plains, traditional adobe construction was decided upon. Adobe construction uses sun-dried bricks made of clay, straw, sand and water.

The fort was built with 14-foot high walls almost three feet thick. The

See **Bent's Fort** on Page 40



Places to see in the
Pikes Peak area.
March 16, 2006

Bent's Fort

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structure was 25,000 square feet and had 25 rooms on two levels, surrounding a courtyard. Two towers helped provide visibility and there was a walkway around the top. Bent's Fort was not a military fort but was built with defensive positions along the top wall.

Charles Bent, still involved in the trading business, moved to Taos and ran trading stores there. He married into a prominent Taos family and was later appointed the first governor of New Mexico when that area came under U.S. ownership.

The other partner, St. Vrain, also moved to New Mexico to run a company store.

William Bent stayed at the fort. He developed a friendly relationship with the Indians in the area and married a member of the Cheyenne Tribe.

Because of William's friendship with the Indians, important peace talks between various tribes were held at the fort.

Even Kit Carson had a connection with Bent's Fort. As a teenager Carson took a wagon train West, possibly with one of the Bent brothers' wagon trains. He became a trapper and later worked as a hunter at Bent's Fort. He eventually made his home in Taos and his third wife was the sister of Charles Bent's wife.

Bent's Fort was one of the most important trading forts on the frontier and was important to the Americanization of the western frontier.

Probably every person who headed West between 1829 and 1848 — trappers, gold seekers, Soldiers, adventurers, ranchers and farmers — stopped at Bent's Fort. It was the only "civilization" between St. Louis and Santa Fe. People moving West along the Santa Fe Trail called Bent's Fort the "castle on the plains."

Visitors were able to enjoy foods and luxuries they hadn't seen in weeks. They could replenish their supplies, repair wagons, enjoy a good meal or have a game of billiards. The fort even had ice that had been harvested from the Arkansas River and stored in sawdust.

One of the fort's largest rooms was the dining room. The fort's cook, Charlotte Green, was a very good cook. She regularly served meals to William Bent's invited guests.

Charlotte's husband, Dick Green, was the fort's blacksmith. He helped repair wagon

wheels and shoed horses for the wagon trains heading west on the Santa Fe Trail.

The fort's store was stocked with blankets, axes, firearms, powder horns, tobacco, beads and cloth.

While top hats were in fashion, the Bent Company traded for beaver pelts to send east. But when silk replaced beaver as top-hat material, buffalo robes became the most popular trade item.

As the U.S. headed for war with Mexico in the 1840s, Bent's Fort's location was ideal for a staging point for the U.S. Army.

But the multitude of people stopping at the fort became overwhelming. It disrupted the fort's relationship with the Indians and large numbers of horses and livestock overgrazed the grass. Water holes were contaminated and there was a cholera epidemic.

It was time to move on. William tried unsuccessfully to sell the fort to the Army. He finally abandoned the fort and built another fort 40 miles away.

More than 130 years later, efforts were made to reconstruct Bent's Old Fort.

Using drawings made by people who had visited the fort and a diary kept by a woman who had recuperated from an illness at the fort, as well as wall remnants and foundations, historians were able to reconstruct the fort. Reconstruction was completed in 1976 and Bent's Fort is operated by the National Park Service.

Employees in period costumes portray life at the fort as it would have been in the 1830s and 1840s. Visitors are able to step back into history and learn firsthand about the Western frontier as it was 175 years ago.

A gift shop and visitor center is near the site parking lot; pay admission there and shop for fort and Colorado history books and souvenirs. Some reproduction trade goods are available.

Just the Facts

- Travel time: more than 2 hours
- For ages: all
- Type: historic fort
- Fun factor: \$\$\$
- Wallet damage: \$ (Out of 5 stars)
- \$ = Less than \$20
- \$ = \$21 to \$40
- \$ = \$41 to \$60
- \$ = \$61 to \$80

(Based on a family of four)



Robert Kishart, a park employee, shows a tour group how the Indians tanned a buffalo hide.



Park Employee Don Trayner splits wood for the fire in the courtyard at Bent's Fort.

Once at the fort, there's a 20-minute video to watch and then visitors can explore the fort on their own, or better yet, time the visit to catch a guided tour. Tours during winter months are scheduled for 10:30 a.m. and 1 p.m.

Bent's Old Fort is open year round. Winter hours are 9 a.m. to 4 p.m. daily. Call (719) 383-5010 for information.

It can get very hot on the Colorado plains during the middle of the day in late spring or summer. Bring strollers, water and sunscreen.

No refreshments are sold at the fort other than bottled water in the gift shop but nearby La Junta has a few fast-food outlets. There are parks with picnic tables, barbecue grills and playgrounds in La Junta.

Bent's Old Fort is about 100 miles from Fort Carson, near La Junta. Take Interstate 25 to Pueblo then take Highway 50 east at exit 100A, to La Junta. Go through La Junta and on the east side of town take Colorado 194 north and follow signs for Bent's Fort. It's about eight miles.

Also in La Junta is the Koshare Indian Museum, on the campus of Otero Junior College. On the east side of La Junta follow the signs — off Highway 50, take Colorado Avenue (south) to 18th Street, and go one block west.

The museum houses a large collection of Indian art, pottery, beadwork, quillwork and jewelry. There is a \$3 entrance fee for adults. The museum also has a trading post, with souvenirs and gifts.

Bent's Fort was called a "castle on the plains" by travelers on the Santa Fe Trail.



Get Out!

Pikes Peak Center

The Glenn Miller Orchestra is in the Pikes Peak Center March 24 at 7:30 p.m.

The Colorado Springs Chorale, with full orchestra, presents [Masterworks IV, Mozart and More] at the Pikes Peak Center, 190 S. Cascade Ave., Saturday at 8 p.m. Call 520-SHOW for tickets

Nickel Creek is in the Pikes Peak Center April 13 at 7:30 p.m. Call 520-SHOW for ticket information or go online at www.ticketswest.com.

[Oklahoma,] the musical, is in the Pikes Peak Center, 190 S. Cascade, March 29-30 at 8 p.m. Tickets start at \$32, call 520-SHOW.

Colorado Springs Philharmonic family series: [Ferdinand the Bull] is April 2 at 2:30 p.m.

David Sanborn is in the Pikes Peak Center April 27 at 7:30 p.m.

Call the box office at 520-SHOW or go online at www.ticketswest.com. The Pikes Peak Center is at 190 S. Cascade Ave. in downtown Colorado Springs.

Fine Arts Center

[The Creative World of Peter Max] is in the Fine Arts Center, 30 W. Dale St. The exhibit includes 356 portraits of heroic firefighters of Sept. 11. Tickets are \$10 for

nonmembers; free for Fine Arts Center members. The Fine Arts Center is open Tuesdays through Saturdays.

Ice show

Disney on Ice presents [Princess Classics] Wednesday-March 26 in the Colorado Springs World Arena. Call 520-SHOW for tickets; ask about the military discount.

Harlem Globetrotters

The Harlem Globetrotters will be in the World Arena April 9 at 2 p.m. Tickets start at \$17. Call 520-SHOW for ticket information or go online at www.ticketswest.com.

Dinner theater

[Man of La Mancha] is in the Country Dinner Playhouse at 6875 S. Clinton in south Denver. Call (303) 799-1410 for tickets for the dinner and show. Dinner begins at 6 p.m. and the show is at 7:45 p.m., Wednesdays-Sundays. Tickets start at \$38.

Flying W Ranch

The Flying W Ranch has dinner and a Western show in the winter steakhouse, open now through mid-May on Fridays and Saturdays.

The menu includes steak cooked over an open fire for \$26; or trout, ribs, brisket or chicken for \$24. There's a reduced price for children under 8. Go online to www.flyingw.com or call 598-4000.

The Flying W is at 3330 Chuckwagon Road.

Spring break camp

Cheyenne Mountain Zoo has a day camp during spring break, [Rockin' Reptiles,] March 27-30, from 9 a.m. to 3 p.m., for ages 6-12. The fee is \$150 for nonmembers. Call 633-9925, ext. 122 for registration. The zoo is at Cheyenne Zoo Mountain Road.

Denver museum

[Body Worlds 2: The Anatomical Exhibit of Real Human Bodies] is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called plastination, so you can see muscles and organs and how they work.

There's a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. IMAX shows include [Mystic India] and [Wired to Win: Surviving the Tour de France.]

The planetarium shows [Black Holes.] Go online at www.DMNS.com or call (303) 322-7009 for show times and ticket prices. The museum is in Denver's City Park at 2001 Colorado Blvd.

Fine Arts Center theater

[The Complete Works of William Shakespeare Abridged] is March 24 to April 9, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at the Colorado Springs Fine Arts Center theater.

Tickets are available from the box office at 634-5583 and are \$24.

Happenings



Photo by Nel Lampe

After the fire

The new bowling alley at Mr. Biggs Family Fun Center has reopened after a fire damaged the huge complex at 5825 Mark Dabling Boulevard off Interstate 25 at the Rockrimmon exit. Mr. Biggs opened a year ago and has expanded, including the new 16-lane bowling alley. The rest of the family fun center is scheduled to reopen Friday.

Buster's Baghdad

by Maj. James D. Crabtree

